

# Management of Health and Wellness ancient practices in India

By Dr. Satyabrata Dash



# Management of Health and Wellness

- Health and wellness management is the practice of promoting and maintaining physical and mental health. It can include strategies for nutrition, exercise, stress management, and mental health.
- Since individuals have different domains with respect to life, it is essential to take care and manage all of them simultaneously and this is called Wellness Management. Science of stress physiology indicates that proper emotional stability must be ensured to tackle the ill effects of stress.
- The WHO constitution states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities.

# Seven Dimensions of Wellness

- Wellness is not merely the absence of disease or infirmity. It is not a passive or static state but rather a dynamic and conscious development of the whole self. Wellness is associated with intentions, choices, and actions leading toward an optimal state of well-being so that instead of surviving, you're thriving.
- Wellness is commonly viewed as having seven dimensions:
  - mental,
  - physical,
  - social,
  - financial,
  - spiritual,
  - environmental, and
  - vocational.

# Mental Wellness

- Mental wellness includes all aspects of mental health, emotional state and well-being, as well as how they interact. In turn, your mental wellness influences how you think, feel, and behave in your daily life. Mental wellness affects each dimension in turn and includes coping with the normal difficulties of life.
- Strategies to Enhance Your Mental Wellness
  - Practice mindfulness
  - Use relaxation and self-care strategies that work for you.
  - Seek support from family, friends, community, and/or a professional.
  - Exercise regularly, eat well, and get enough sleep.
  - Express feelings and emotions effectively, and practice positive self-talk.
  - Attend any of the weekly mental health workshops to learn about different aspects of mental health and how to cope with stress and adversity.
  - Earn the More Feet on the Ground online mental health training certificate.
  - Access free online mental health coaching from Bounce Back.
  - Know where to turn in times of crisis.

# Physical Wellness

- Physical wellness includes a variety of healthy behaviours including exercise, proper nutrition, healthy sleeping, sexual health and substance use. Physical wellness involves learning about disease and harm prevention, and developing healthy habits that will enable you to live a longer, happier life.
- Strategies to Enhance Your Physical Wellness
  - Make regular exercise a part of your life, aiming to get at least 150 minutes of moderate aerobic activity every week.
  - Eat more fresh food options, instead of processed food, including five to 10 servings of fruits and vegetables per day.
  - Take a break while studying to go for a brief walk.
  - Educate yourself on the risks of all substances, including alcohol and cannabis.
  - Get adequate sleep (seven to eight hours per night).
  - Practice waking up at the same time each day to promote good sleep habits, prevent fatigue, and increase mental functioning.
  - Avoid smoking, including tobacco and vaping.
  - Replace sugary drinks like juices and sport drinks with water.

# Social Wellness

- Social wellness is how we interact with our community and those around us. It includes healthy relationships, consent, communication skills and support systems. It is also about building a support system of family, friends, peers, and professionals.
- Strategies to Enhance Your Social Wellness
  - Balance social and personal time.
  - Be open-minded to new experiences and people.
  - Observe others and ask questions to gain a better understanding of unfamiliar cultures and customs.
  - Seek out opportunities and be willing to meet new people and do new things (e.g. join a club or organization, play a team sport, volunteers, etc.).
  - Understand how consent plays a role in all aspects of your social life, with sexual partners interacting with new friends, with peers, and more.
  - Volunteer on campus or in the community.
  - Participate in cross-cultural social events through Laurier International.

# Financial Wellness

- Financial wellness is how our finances contribute to our overall wellness. It is the healthy relationship between your goals and your financial obligations. When someone is struggling financially, all aspects of their wellness are affected.
- Strategies to Enhance Your Financial Wellness
  - Use cash instead of debit or credit to avoid spending more than you anticipate.
  - Practice self-care that does not cost a lot of money (hiking, potlucks, games nights, etc.).
  - Save money by cooking your own meals, less eating out.
  - Create a weekly budget for things like food, entertainment, and money to put away.
  - Make use of scholarships and grant applications.
  - Utilize sale flyers or online coupon mobile applications (e.g. Flipp app) when making a purchase.
  - Contact Laurier's financial literacy specialist for help navigating available financial resources, budgeting and funding sources.

# Spiritual Wellness

- Spiritual wellness involves our set of beliefs, principles, and values that help give direction to our lives. It is seeking meaning and purpose in our everyday lives, which ultimately encourages wellness.
- Strategies to Enhance Your Spiritual Wellness
  - Grow your relationships with others by spending quality time with loved ones.
  - Connect with nature – go for a walk in nature and practice mindfulness.
  - Take time for quiet reflection or prayer.
  - Explore faith services in the local community.
  - Have an open discussion about values with friends, partner, or family members.
  - Choose hobbies or activities that allow you to explore meaning and purpose.



# Vocational Wellness

- Vocational wellness involves preparing and using our skills and talents in order to gain purpose, happiness and a fulfilled life. Vocational wellness is about expanding knowledge and focuses on self-development and self-discovery. It is also about seeking opportunities that are personally meaningful and rewarding for you, based on your values, interests, and beliefs.
- Strategies to Enhance Your Vocational Wellness
  - Gain a variety of experiences to expand your learning.
  - Manage your time to maintain your wellness and life balance.
  - Get to know what strategies work for you, and recognize where you need assistance.
  - Access resources to enhance your academic goals such as Academic Advising or Student Success' Writing Support.
  - Volunteer in new experiences to narrow down what your interests are and what type of work you want to be doing.
  - Try not to compare your path to others; everyone's path is different.

# Environmental Wellness

- Environmental wellness is how your environment positively affects your wellness. It includes incorporating nature in your life to feel a sense of peace and wellness.
- Strategies to Enhance Your Environmental Wellness
  - Walk, ride a bike, or take the bus whenever you can instead of driving a car.
  - Eat locally produced food.
  - Engage in healthy physical activity in nature when you can by walking in parks, going for hikes, studying outside, etc.
  - Protect yourself from environmental hazards such as loud noise, pollution, second hand smoke, and ultraviolet radiation.
  - Walk or run in a park or on nature trails instead of on a treadmill.
  - Maintain a clean and organized living space.

# Understanding stress and its impact on health

- Stress is a natural reaction to a challenge or threat that can affect your mind and body. It can be caused by many different life events, such as making decisions, meeting deadlines, or dealing with traffic.
- Stress can negatively impact your mental and physical health. When you experience stress, your body releases hormones that can cause physical reactions. These reactions can be helpful in the short term, but over time, they can lead to health problems.
- Stress can impact your mental health and physical health. It can cause physical reactions like increased blood pressure, sweating, and a faster heart rate.
- Stress makes it hard for us to relax and can come with a range of emotions, including anxiety and irritability. When stressed, we may find it difficult to concentrate. We may experience headaches or other body pains, an upset stomach or trouble sleeping. We may find we lose our appetite or eat more than usual.

# Stress Management and Relaxation Techniques

- Stress management can involve making lifestyle changes, practicing relaxation techniques, and learning to manage your time.
- Stress management offers a range of ways to help you better deal with stress and difficulty, also called adversity, in your life.  
Managing stress can help you lead a more balanced, healthier life. Stress is an automatic physical, mental and emotional response to a difficult event. It's a common part of everyone's life.
- In ancient India, stress management primarily focused on practices like yoga, meditation, mantra chanting, and mindful breathing, with the philosophy of Ayurveda providing a holistic approach to balancing the mind, body, and spirit through diet, lifestyle adjustments, and herbal remedies, all aimed at achieving inner harmony and reducing stress levels; key texts like the Bhagavad Gita and other scriptures also discuss principles for managing stress through ethical conduct and self-awareness.

# Causes of Stress:

Stress is a response to something that the body perceives as a threat. Stress can be caused by many different things, including:

- ☐ Work
- ☐ Money
- ☐ Health
- ☐ Relationships
- ☐ Family
- ☐ Life changes
- ☐ News
- ☐ Daily life

# Stress management strategies:

- Healthy habits
- Time management
- Mindfulness
- Yoga and exercise
- Herbal medicine
- Coping strategies
- Work-life balance
- Social connection
- Professional help
- Set realistic goals
- Break big goals into smaller tasks
- Create to-do lists
- Postpone tasks that aren't urgent
- Engage in activities that you enjoy
- Practice relaxation techniques

# Relaxation techniques:

Relaxation techniques can help you reduce stress and feel more calm. Some techniques include:

- ☐ Breathing
- ☐ Meditation
- ☐ Yoga
- ☐ Tai chi
- ☐ Massage
- ☐ Aromatherapy
- ☐ Music and art therapy
- ☐ Visualization
- ☐ Non-sleep deep rest (NSDR)
- ☐ Progressive muscle relaxation

# Yoga: Connection of lower self with Higher Self

Paths of Yoga (Bridge between individual consciousness and universal consciousness). Lord Krishna emphasizes:

- ❑ Gyana Yoga
- ❑ Bhakti Yoga
- ❑ Karma Yoga
- ❑ Raja Yoga



# Need & Importance of Yoga:

- ☐ Stress relief
- ☐ Inner peace
- ☐ Weight management
- ☐ Increase strength, flexibility and balance
- ☐ Correct body posture
- ☐ Improves focus and concentration
- ☐ Sound sleep

# Yoga Relaxation techniques

Yoga relaxation techniques include meditation, breathing exercises, and poses. These techniques can help individuals relax, reduce stress, and improve your overall health.

- ☐ Meditation
- ☐ Breathing exercises
- ☐ Progressive muscle relaxation (PMR)
- ☐ Shavasana
- ☐ Mindfulness
- ☐ Visualization
- ☐ Body scan meditation
- ☐ Guided imagery

# Yoga Asanas and Pranayama

- Yoga asanas and pranayama can help improve strength, flexibility, and balance, and can also help calm the mind and reduce stress.
- **Benefits of asanas:**
  - ❖ Strength and flexibility
  - ❖ Mental health
  - ❖ Physical health
  - ❖ Emotional health
- **Benefits of pranayama:**
  - ❖ Breath control
  - ❖ Mind-body synchronization
  - ❖ Emotional health

# Some basic Yoga Asanas for 7 chakras

- ☐ Virabhadrasana
- ☐ Baddha Konasana
- ☐ Navasana
- ☐ Ustrasana
- ☐ Matsyasana
- ☐ Balasana
- ☐ Sirsasana

# Some basic Pranayamas for 7 chakras

- ☐ Bhastrika Pranayama
- ☐ Anulom Vilom Pranayama
- ☐ Suryabhedana and Chandrabhedana pranayama
- ☐ Kapalabhati Pranayama
- ☐ Ujjayi Pranayama
- ☐ Bahya Pranayama
- ☐ Bhramari Pranayama

# Meditation Relaxation techniques

- Meditation is the practice of focusing on your mind and breathing to become more aware of the present moment. It can help you feel calm and compassionate, and improve your focus and memory.
- Meditation and relaxation techniques can help you reduce stress and feel more relaxed. Some techniques include:
  - ☐ Deep breathing
  - ☐ Body scan
  - ☐ Mindfulness meditation
  - ☐ Progressive muscle relaxation
  - ☐ Mantra meditation
  - ☐ Walking meditation

# Preventive Health care and Disease Prevention

- Prevention is better than cure. Preventive health care and disease prevention are proactive measures that help people avoid illness and disease. They can include regular checkups, healthy eating, and exercise.
- **Preventive health care**
  - ☐ Primary prevention
  - ☐ Secondary prevention
  - ☐ Screening programs
  - ☐ Early treatment
  - ☐ Vaccinations
  - ☐ Screenings
  - ☐ Counseling
  - ☐ Well-child visits

# Preventive Health care and Disease Prevention

- Disease prevention is a set of actions that can help reduce the risk of disease and the burden of disease-related health issues. These actions can be taken by individuals and communities.
  - ☐ Get vaccinated
  - ☐ Eat healthy
  - ☐ Exercise
  - ☐ Avoid tobacco and alcohol
  - ☐ Practice good hygiene
  - ☐ Take care of your teeth
  - ☐ Get enough sleep
  - ☐ Know your family history



# Role of preventive healthcare measures

- Preventive healthcare measures play a crucial role in identifying and addressing potential health issues early on, thereby preventing the development of serious diseases, reducing the severity of illnesses, and ultimately promoting overall health and longevity by encouraging proactive lifestyle changes and regular screenings, like vaccinations and check-ups, to detect diseases in their early stages when treatment is most effective;
- This approach can also significantly lower healthcare costs in the long run by minimizing the need for advanced treatments of chronic conditions.
- Improved quality of life
- Reduced healthcare costs
- Increased productivity
- Population health improvement

# Key aspects of preventive healthcare:

- ☐ Early detection
- ☐ Lifestyle modifications
- ☐ Vaccinations
- ☐ Risk factor assessment
- ☐ Health education

# Examples of preventive healthcare measures:

- ☐ Cancer screenings
- ☐ Cardiovascular disease screenings
- ☐ Diabetes screening
- ☐ Bone density scans
- ☐ Well-baby/ child visits
- ☐ Mental health screenings
- ☐ Sexual health screenings
- ☐ Dental checkups and cleanings

# Screening Tests and Immunizations

- **"Screening tests"** are medical tests used to detect potential health issues in individuals without symptoms, aiming for early detection and treatment.
- **Purpose of screening tests:** To identify individuals at risk for a disease before symptoms appear, allowing for early intervention and better treatment outcomes.
- **"Immunizations"** are injections of vaccines that stimulate the immune system to protect against specific diseases, essentially preventing illness by exposing the body to a weakened form of a pathogen.
- **Purpose of immunizations:** To stimulate the body's immune system to develop immunity against a specific disease by introducing a weakened or inactive form of the pathogen.
- Both are crucial components of preventative healthcare, with the type of screening tests and immunizations recommended depending on age, health status, and family history.

# Examples of Screening Tests

- **Mammography:** Checks for breast cancer
- **Pap test:** Checks for cervical cancer by taking cell samples from the cervix
- **Colonoscopy:** Checks for colorectal cancer
- **Fecal occult blood test:** Checks for blood in the stool, which can indicate colorectal cancer
- **Prostate specific antigen (PSA) test:** Checks for prostate cancer by measuring PSA levels in the blood
- **Cholesterol measurements:** Checks for cholesterol levels in the blood
- **Blood pressure determination:** Checks blood pressure
- **Eye examination:** Checks vision
- **Urinalysis:** Checks for conditions in the urine
- **Genetic tests:** Checks for changes in genes or chromosomes
- **Exercise ECG:** Checks for congenital heart disease
- **Skin checks:** Checks the skin for abnormalities
- **Immunizations:** Protects against diseases
- **Sexually transmitted disease screening:** Checks for sexually transmitted diseases

# Examples of Immunizations

- **COVID-19:** An mRNA vaccine that uses your body's cells to make antigens that trigger an immune response
- **Diphtheria, tetanus, and pertussis (DTaP, Tdap):** A vaccine that protects against diphtheria, tetanus, and whooping cough
- **Hepatitis A (HepA):** A vaccine that protects against Hepatitis A
- **Hepatitis B (HepB):** A vaccine that protects against Hepatitis B
- **Human papillomavirus (HPV):** A vaccine that protects against HPV
- **Influenza (flu):** A vaccine that protects against the flu
- **Measles, mumps, and rubella (MMR):** A vaccine that protects against measles, mumps, and rubella
- **Pneumococcal (PCV13, PPSV23):** A vaccine that protects against pneumococcal diseases
- **Polio (IPV):** A vaccine that protects against polio
- **Rotavirus (RV):** A vaccine that protects against rotavirus
- **Respiratory syncytial virus (RSV):** A vaccine that protects against RSV
- **Varicella (chickenpox):** A vaccine that protects against chickenpox

# Lifestyle factors in Disease prevention

- Lifestyle diseases can be prevented by eating healthy, exercising regularly, and avoiding smoking and substance abuse.
- **Diet:**
  - Eat a balanced diet with lots of fruits, vegetables, whole grains, lean protein, and low-fat dairy
  - Limit added sugars, saturated fats, and sodium
  - Eat healthy meals and limit unhealthy foods
  - Drink water and stay hydrated
- **Exercise:** Exercise regularly and be physically active and Reduce sitting and screen time.
- **Other lifestyle changes:**
  - Maintain a healthy weight
  - Maintain healthy blood pressure, blood sugar, and cholesterol levels
  - Get enough good sleep
  - Go easy on alcohol and stay sober
  - Take multivitamin supplements
- **Smoking and substance abuse:**
  - Give up smoking and other substances
  - Reduce your intake of processed meats, red meats, fatty foods, and alcohol
- **Other preventive measures:**
  - Get all recommended vaccinations
  - Wash your hands with soap and water regularly
  - Avoid close contact with people who are sick
  - Cover your nose and mouth with a tissue or your elbow when you cough or sneeze